

New Home Economist

Debra Proctor has moved to Heber from Garfield County to become the Home Economist at the Utah State University Extension Office, downstairs in the County Building. She graduated from USU in 1980 and worked as a teaching assistant in the Department of Food and Nutrition during her last two years there.

Some of her work will be with the 4-H clubs and Home Economics classes in the schools, but she says she is mainly a resource for any information that has to do with clothing and textiles, food and nutrition, family and human development, and home management. She says when she doesn't have answers she will find them. She is available to demonstrate anything from canning to solving problems, whatever people are interested in learning, without charge other than for supplies. In fact, she is thinking about

getting some gold fish and found information on their care and feeding in the 4-H files.

She has been invited to demonstrate outdoor cooking this July at the State Park and will offer free pressure cooker testing prior to the canning season.

Proctor was the Extension Home Economist in Garfield for six years before beginning her work in Heber on May 5. She has been president of the American Home Economics Association, Student Member Section, a member of the Family Life Council, received the Family Life Scholarship and is the 1986 Business and Professional Women's Young Career Woman of the Year.

Proctor is married and has two pre-school daughters. Although she was reared in Anaheim, California, she says she is a small town person and looks forward to serving the people of the Heber Valley.



Debra Proctor, Home Economist, with just a few of the many low-cost bulletins available at the USU Extension office. Debra will be in charge of the local 4-H clubs and school home economics classes.

March 22, 1989

County Extension Service

Building Self-Esteem in Children

by Debra Proctor



Left to right, Chuck Maynard, Heber City Rotary; Henry Jolley, Wasatch County School District; Debbie Proctor, USU Extension; Rod Hopkins, Mountain Community Health Choices, receive a check to support the Family Life Conference "Issues of The '90's For Youth and Families" from LaVerne Jolley with the Utah Federation For Drug-Free Youth. This Conference will be held on April 6 from 6:30 p.m. to 9:30 p.m. at the high school.

Every parent wants their child to grow up feeling confident and independent. One way to achieve this goal is to build your child's self-esteem.

Stanley Coopersmith found that there were four things that helped to build positive feelings toward self. One of these was significance. He defined this as knowing you are important to and loved by those people you feel are important in your life.

Children often decide they are important and loved by others by how they interpret what is said to them. There are some things that

we can remember as we communicate with children.

1. Try to separate the child's personality and character from the behavior. Talk about the deed or act rather than labeling the doer or actor. Let children know that you do not like the behavior, but still accept and love the child.

2. Use words to show affection and interest in the child. Often adults feel that children know of their love because of the many acts of kindness and service that are given. However, children need to be told that they are loved and appreciated.

3. Make your verbal communication match your nonverbal communication. If you are showing your child that you are interested then smile, softly touch the child, sit close to your child, and bend, kneel or sit on a chair so that you are physically more the height of the child so that eye contact can be maintained.

4. Extend invitations to your child. Ask him or her to sit next to you. Ask about your child's school day. Bring up topics that you know are of interest to the child, such as a television show or game, a past vacation, plans for a school project, etc.

5. Listen to what your child is saying. Show the child that you are listening. Most children say they can tell that the adult is listening when the adult is looking at them. Put aside your tasks for a few minutes, and give your undivided atten-

tion to what the child is telling you. Smile, nod, and make comments to let the child know you are really listening.

6. Speak courteously to children. Adults often cut short what children are saying by finishing the sentence, or answering before the child has completed his/her thought. Children are often interrupted when the adult thinks of something to be said. If it were another adult speaking, the interruption probably would not take place; or if it did, then "I'm sorry" or "excuse me" would be used. These courteous phrases are too infrequently used with children.

Adults should also get in the habit of using words like "Please," and "Thank you." We adults often make many requests of children without using these terms. And yet we expect that children will learn to use them when making requests to us.

7. Take advantage of daily events. Adults and children have opportunities to talk informally at many points during the day. You do not have to plan special times to give your child positive communication messages that will build self-esteem.

The key to building children's self-esteem lies in helping them to feel respected and valued. We engage in esteem building when we communicate with children in meaningful ways.

Workshops dealing with self-esteem and other family issues will be presented during the Family Life Conference, "Issues of The '90's For Youth and Families" on Wednesday, April 6 from 6:30 p.m. to 9:30 p.m. at the Wasatch High School.

Debbie
Proctor
USU
Extension

4A Wasatch Wave Heber City, UT 84032 Thursday, May 15, 1986

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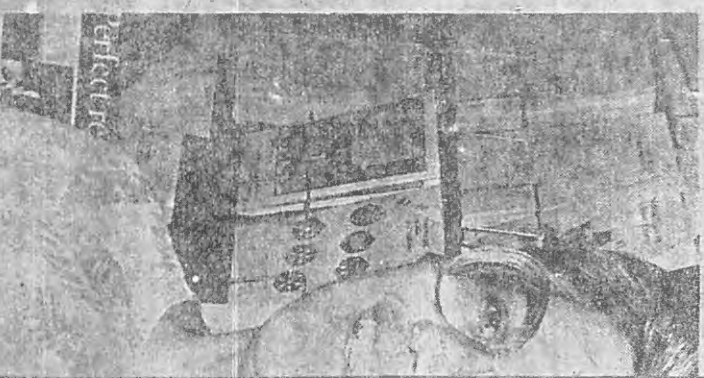
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DICK SIDDOWAY APPLIANCE AND REFRIGERATION SPECIALIST



Debra Proctor, Home Economist, cost bulletins available at the change of the local 4-H clubs a

Bicycle Safety

This Saturday, May 17th, the annual Bicycle Safety Clinic will be held at the Heber City Pizzeria.

The clinic will begin at 10 a.m. at which time a film on bicycle safety will be shown. Registration forms will be available and there will be activities throughout the day.

Some of these activities will include an obstacle course, stations where bicycles can be checked for safety, a visit from McGruff the Safety Dog, and